GEMSTONES: EFFECTS, PLANETS, CHAKRAS & DIETIES

Gemstone:	Effect:	Planet:	Chakra:	Diety:
Ruby	Sweet and pungent, heating, sweet. Regulates action of vāta and kapha but may stimulate pitta. Promotes long life. Good for poor circulation, anemia and spleen dysfunctions.	Sun	Root	Rāma; Gayatrī; Devī; Christ
Pearl	Sweet, cooling, sweet. Tridoshic. Calms the mind. Nutritious and strengthening for rasa, māṃsa and śukra dhātus.	Moon	Auric field above Crown	Shiva
Gomed	Sour, heating, pungent. Pacifies vāta and kapha, stimulates pitta. Improves digestion and circulation. Strengthens solar plexus and spleen. Helps lymphatic congestion and edema. Good for attention deficit disorder.	Rahu		Rahu
Yellow Sapphire	Sweet, cooling, sweet.Regulates vāta, calms pitta and stimulates kapha. Brings stability, groundedness and wisdom.	Jupiter	Navel	Dattatraya; Lakshmī
Red Coral	Sweet and pungent, cooling, sweet. Strength giving. Regulates pitta, neutral for vāta and kapha. Improves color complexion and imparts gracefulness to the person.	Mars	Root	Ganesha
Diamond	Pungent and astringent, heating, pungent. Tridoshic, but may disturb some pitta people. Brings prosperity. Strengthens śukra. Improves romantic qualities, digestion, and slows aging.	Venus		Lakshmī; Sarasvatī; Durga; Allah; Balaji
Blue Sapphire	Pungent, heating, pungent. Calms vāta and kapha, stimulates pitta. Gives energy to the nerves, bones, joints and muscles.	Saturn	Throat	Shani Deva; Hanuman
Lapis Lazuli	Bitter, cooling, sweet. Calms vāta and pitta, stimulates kapha. Good for liver and gallbladder, regulates bile. Also good for skin disease.	Saturn-like energy		
Emerald	Sweet, cooling, sweet. Calms vāta and pitta, may stimulate kapha. Removes nervousness, improves writing and lecturing skills, gives intelligence.	Mercury	Heart	Vithala; Vishnu; Krishna; Buddha
Moonstone	Pungent, heating, pungent. Calms vāta and kapha, stimulates pitta. Produces energy, cures cold, renal disorder. Good for diabetes and arthritis.	Ketu		Ketu
Sūryākānta	Sweet, heating, sweet. Pacifies vāta and kapha, may stimulate pitta. Stops bleeding, improves memory and helps seizures.	Sun-like energy	Sacral	

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GEMS-STONES & PLANETS.

Planet	Sign-Ruled	Gems	paryay-uparatna
SUN	Leo	Ruby	Red Spinel, Rubelite
MOON	cancer	Pearl	conch, moonstone
MARS	Aries scorpio	Red coral	carnelian
Mercury	Gemini Virgo	Emerald	Baryl, Green Tourmeline Peridot
Jupiter	Sagittarius Pisces	Yellow Sapphire	Topaz. whitesapphire citrine
Venus	Taurus Libra	Diamond	White sapphire white Zircon.
Saturn	Capricorn Aquarius	Blue Sapphire	Amethyst Blue spinel
Rahu		Gomed Hassonite	
Ketu		Cat's Eye Chryso beryl	Lasnya. Vaidurya

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